

DBT SKILLS CLASS

Friendship Craze is thrilled to offer a DBT (Dialectical Behavior Therapy) Skills Class to Fayette County at a very affordable rate. Most classes charge \$60-\$300 a lesson. We are offering an introductory rate of \$20 a lesson. What is DBT? DBT encompass four modules: Mindfulness, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance. These skills help increase flexible thinking, manage emotions, develop and maintain fulfilling relationships, increase self-awareness, and cope with crises. Join our DBT Class and leave equipped with a set of "tools" that will help you better cope with overwhelming emotions, distressing thoughts, and day-to-day life stressors. DBT has been clinically shown to be effective in helping people with anxiety, depression, ADD, anger management, addictions, bipolar, eating disorders, grief, self-harm - the list goes on and on. Learn these skills to help yourself or to help you cope with a loved one. This class is for everyone!

*Module/Session 1: Mindfulness Skills, Distress Tolerance Skills

*Module/Session 2: Review of Mindfulness Skills and Distress Tolerance Skills and an Introduction to Emotion Regulation Skills

*Attendance at both sessions/modules is recommended to optimize learning these skills, but it is not required. Modules 3 and 4 will be offered as winter sessions.

Day: Fridays

Date: Session I: September 18 - October 23

Session II: October 30 - December 11

** No class: November 27

Time: 10:30 a.m. - Noon

Fee: \$120 per resident \$180 per non-resident

Age: Adult (teens welcome)

Location: Kiwanis Center

Course Code: 15398

Course Code: 15399

**FALL NATURE HIKE**

Come explore the hiking trails of the Sams Lake Sanctuary nature preserve on this guided nature hike. We will be on the lookout for the many fall wildflowers and wildlife found in this restored wetlands. This trip is offered in conjunction with the Southern Conservation Trust.

Day: Saturday

Date: September 19

Time: 10:00 a.m. - Noon

Fee: \$4 per resident \$6 per non-resident

Age: All ages (under 10 years old must have an adult)

Location: Sams Lake Sanctuary (meet on-site)

Course Code: 15400

AARP SMART DRIVER

You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You will learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. Consult your insurance agent to see if you qualify for a 10% discount!

Day: Monday

Date: Session I: October 12

Session II: December 14

Time: 9:00 a.m. - 3:45 p.m.

Fee: \$15 per AARP member \$20 per non-member

Age: 25 & older

Location: Activities House

EARN YOUR GEORGIA MOTORCYCLE LICENSE WITH NEW RIDER AND EXPERIENCED RIDER MOTORCYCLE SAFETY TRAINING

Fayette County Parks and Recreation, in conjunction with Georgia Motorcycle Riders, is offering classes leading to earning your Georgia motorcycle license endorsement. Classes for both new riders and experienced riders are being offered. These classes and instructors are Motorcycle Safety Foundation (MSF) and Georgia Department of Driver Services approved.

For more information on days, dates, times, fees, and requirements, visit the Web site at <http://GeorgiaMotorcycleRiders.com> or call 678.364.1442 for the schedule and to register.

LINE DANCING

Line dancing builds confidence. It enables you to learn balance, rhythm, timing, poise, and posture. It reduces stress, increases energy, and improves strength and muscle tone. It is a friendly and social atmosphere. It promotes cardiovascular health through physical workouts of varying intensity, and it also has mental benefits. Line dancing is no longer being danced to just country music. We dance to all genres of music which including country, rap, rock, pop, and hip hop. We line waltz to various artists including, Pink, Maroon 5, Macklemore, Jennifer Lopez, Usher, Darius Rucker, Easton Corbin, Train, Luke Bryan, Kenny Chesney, Jesta James, Laura Bell Bundy, and many more. **Details subject to change.**

Weekly PM Class

Day: Mondays

Date: Session I: August 31 - September 28

Course Code: 15404

** No class: September 7

Session II: October 5 - 26

Course Code: 15405

Session III: November 2 - 23

Course Code: 15406

Session IV: November 30 - December 14

Course Code: 15407

Time: Beginners 6:30 p.m. - 7:30 p.m.

Intermediate 7:30 p.m. - 8:30 p.m.

Fee: Sessions I - III: \$25 per resident \$37.50 per non-resident

Session IV: \$20 per resident \$30 per non-resident

Age: Adult

Location: Kiwanis Center

**Weekly AM Class**

Day: Tuesdays (except December 14)

Date: Session I: September 1 - 29

Course Code: 15408

** No class: September 8

Session II: October 6 - 27

Course Code: 15409

Session III: November 3 - 24

Course Code: 15410

Session IV: December 1 - 14*

Course Code: 15411

NOTE: Last Session IV class is on Monday 12/14 @ 6:30 p.m.

Time: 10:00 a.m. - 11:00 a.m. (Beginners)

Fee: Sessions I - III: \$25 per resident

\$37.50 per non-resident

Session IV: \$20 per resident

\$30 per non-resident

Age: Adult

Location: Kiwanis Center

Open Dance Party

All students must register one full week prior to each dance event. No refunds for open dances (or workshops when scheduled).

***Last Day to Register:** Session I: September 11; Session II: October 9; Session III: November 6

*A \$5 late fee will be applied for late registration if room is still available.

Themes: I: 3rd Friday; II: Halloween Costume Party; III: Thanksgiving Dinner

Day: Friday or Saturday

Date: Session I: Friday, September 18

Course Code: 15412

Session II: Saturday, October 17

Course Code: 15413

Session III: Saturday, November 14

Course Code: 15414

Time: 7:30 p.m. - 10:30 p.m.

Fee: \$5 per resident \$7.50 per non-resident

Age: Adult

Location: Kiwanis Center

WEST COAST SWING

Learn the West Coast Swing, a popular and evolving style of dance that is completely different from other ballroom dances. Each class includes quality instruction followed by the opportunity to practice at the end.

Beginner and intermediate level students are welcome. No partners needed.

Day: Sunday

Date: Session I: October 4

Course Code: 15415

Session II: November 1

Course Code: 15416

Session III: December 6

Course Code: 15417

Time: 1:30 p.m. - 3:30 p.m.

Fee: \$10 per resident \$15 per non-resident

Age: Adult/Teen

Location: Activities House

BALLROOM DANCING

Instructor will teach standard smooth and rhythm ballroom dances. Come for the great fun! Build confidence and look great at social events! Students can start at any point...attend one session or all of them! **Beginner and intermediate level students are welcome. No partners needed.**

Day: Sunday
 Date: Session I: October 4 Course Code: 15418
 Session II: November 1 Course Code: 15419
 Session III: December 6 Course Code: 15420
 Time: 4:00 p.m. - 6:00 p.m. (one-hour lesson followed by guided practice/review)
 Fee: \$10 per resident \$15 per non-resident
 Age: Adult/Teen
 Location: Activities House

**Save \$\$: Register for
 West Coast Swing and
 Ballroom on same date**

**\$16 per resident or
 \$24 per non-resident**

DOG OBEDIENCE

Teach your dog to be a canine citizen through obedience training. This class is based upon the American Kennel Club's Companion Dog course. Your dog will learn to walk on a leash, come when called, sit, stay, and much more. Rate applies to one dog. **Do not bring your dog to the first class.**

Day: Wednesdays
 Date: Session I: September 16 - November 18 Course Code: 15421
 Session II: December 2 - February 3 Course Code: 15422
 Time: 7:00 p.m. - 9:00 p.m.
 Fee: \$85 per resident \$127.50 per non-resident
 Age: 10 & older (adults & teens)
 Location: Kiwanis Center

For specific questions about the Dog/Rally Obedience classes (such as whether prior training meets requirement for Rally Obedience), please call the instructor at 770-460-7910 and leave a voicemail.

RALLY OBEDIENCE

Rally Obedience is a sport in which dog and handler complete a course designed to demonstrate and reinforce obedience training. Improve communication with your dog while developing a sense of teamwork. Rally can be used as a dynamic, enjoyable way to practice obedience commands, or as a link between obedience and agility competition. **Prerequisite:** The dog should have successfully completed basic dog obedience and/or Canine Good Citizen (CGC) training. **Please bring your dog to every class.**



Day: Wednesdays
 Date: Session I: September 16 - November 4 Course Code: 15423
 Session II: December 2 - January 20 Course Code: 15424
 Time: 5:30 p.m. - 6:45 p.m.
 Fee: \$80 per resident \$120 per non-resident
 Age: 10 & older (adults & teens)
 Location: Kiwanis Center

COMMUNITY JOURNALISM 101

Every community has a story. Learn how to give yours a voice. During this six-week course, students will learn journalistic skills such as interviewing, note-taking, news reporting, photojournalism, column writing, editing, and journalism ethics. The various news writing styles will be covered including reporting on local news and events, feature articles on people/issues/events, letters to the editor, as well as social media. Student projects will be critiqued and edited by professional journalists, and then they will be collectively published at the conclusion of the course. Additional benefits include multiple guest speakers sharing real-world experiences/tips and the opportunity to shadow a local journalist on an actual news assignment.

Day: Tuesdays
 Date: September 22 - October 27 Course Code: 15425
 Time: 6:00 p.m. - 8:00 p.m.
 Fee: \$60 per resident \$90 per non-resident
 Age: Adult/Teen (9th grade & up)
 Location: Downstairs Activities House

TAI CHI

This Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health. Through soft, slow-flowing movement and breathing, students will learn to concentrate, thus reducing stress.

Day: Thursdays
 Date: Session I: September 3 - 24 Course Code: 15426
 Session II: October 1 - 22 Course Code: 15427
 Session III: October 29 - November 19 Course Code: 15428
 Time: 6:15 p.m. - 7:00 p.m.
 Fee: \$40 per resident \$60 per non-resident
 Age: 15 & older (adults & teens)
 Location: Kiwanis Center

THE FILIPINO ART OF STICK FIGHTING

Learn the Filipino Art of Arnis, Eskrima, and Kali techniques. These methods of self-defense will be taught to adults, and youth as young as eight-years-old. The class includes a series of exercises, and will teach self-defense and respect with an emphasis on safety. Instruction will be offered throughout the year and will include the use of single and double sticks, and the use of the sword, knife, and long pole.

Day: Tuesdays

Date: Session I: October 20 - November 10 **Course Code: 15429**

Session II: November 17 - December 8 **Course Code: 15430**

Time: 6:00 p.m. - 7:00 p.m.

Fee: \$45 per resident \$67.50 per non-resident

Age: 8 & older (adults & youth)

Location: Activities House

***Classes on November 10, December 1, and December 8 will be held downstairs in the Activities House (enter from back left of building).**

KARATE

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied. **Family rates apply for full session only (ask for details)!**

Day: Tuesdays and Thursdays

Date: Session I: September 1 - 29 **Course Code: 15431**

Session II: October 1 - 29 **Course Code: 15432**

Session III: November 3 - 24 **Course Code: 15433**

Session IV: December 1 - 10 **Course Code: 15434**

Time: 7:15 p.m. - 8:45 p.m.

Fee: Session I - III: \$45 per resident \$67.50 per non-resident

Session IV: \$20 per resident \$30 per non-resident

Drop-in fee: \$6 per resident \$9 per non-resident

Age: 15 & older (adults & teens)

Location: Kiwanis Center

BEGINNING ARCHERY

This program is offered through the NAA (National Archery Association) to promote the sport of archery. Our program offers basic instructions and a safe environment to learn the sport of archery. This beginner course is a prerequisite for first-time archery participants. A basic program of instruction and guidance will teach the basic skills of archery while ensuring safety and encouraging a fun time. Basic instruction and equipment included for first time participants only.

Date: TBD (typically 2-hour classes on 3 consecutive Sundays)

Fee: \$40 per resident \$60 per non-resident (beginner course)

Age: 8 & older (adults & youth)

**E-mail recreation@fayettecountygga.gov to be added to the Beginning Archery interest list. Make sure to include phone number, e-mail address, and names and ages of all interested individuals.*

WEEKLY ARCHERY

Once you have taken the beginner course, you are eligible to attend the Sunday sessions. This ongoing program offers basic instructions and a safe environment to learn the sport of archery. Students should either preregister for the full three-to-four week session (no refunds or makeup days) or pay the drop-in fee at each class attended.

Details subject to change



Day: Sundays

Date: Session I: September 13 - 27

Course Code: 15436

Session II: October 4 - 25

Course Code: 15437

Session III: November 1 - 22

Course Code: 15438

Session IV: December 6 - 20

Course Code: 15439

Time: Varies (4:00 p.m. or later)

Fee: Sessions 1 & 4: \$21 per resident \$32 per non-resident (3 Sundays)

Sessions 2 & 3: \$28 per resident \$42 per non-resident (4 Sundays)

Drop-In Fee: \$8 per resident \$12 per non-resident

*No online registration for daily drop-in payments

Age: 8 & older (adults and youth)

Location: Kiwanis Center